



COCONUT OIL

Bible

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Coconut Oil: The Numerous Advantages

**How Coconut Oil Can Help Keep
You Healthy**

By: Trent Gordon

Coconut Oil

The Numerous Advantages

*How Coconut Oil Can Help
Keep You Healthy*



TRENT GORDON

Chapter 1- Coconut Oil- An Overview

Coconut oil is an edible form of oil derived from the meat or kernel of fully-ripened coconuts removed from coconut palms. It is widely used in homeopathic remedies and cooking. Coconut oil is known for its immune system boosting capabilities due to its antibacterial, antifungal, and antiviral properties. It contains healing components such as antimicrobial lipids, capric acid, caprylic acid, and lauric acid that can be used as a supplement to prevent or improve conditions such as kidney infections, stress, obesity, pancreatitis,

diabetes, obesity, and dry skin.



Types of Coconut Oil and Their Uses

Pure Coconut Oil: This form of oil is derived from dried-out coconut

kernels (copra). It is praised for being unrefined and free of additives. Pure coconut oil can be found in capsule form at vitamin retail shops, and can be used in cooking recipes, too. Skin care companies like to use it as a main ingredient in their skin care products.

Refined Coconut Oil: Refined coconut oil, also known as RBD (refined, bleached, and deodorized coconut), is obtained through machine and chemical processing. With this refining process, the oil ends up being colorless, odorless, thin, and free of protein suspension, leaving it free of unsaturated fats. It is largely used in cooking.

Virgin Coconut Oil: This type of coconut oil originates from the milk found in fresh coconut meat, rather than copra. It is processed through centrifugal separation, fermentation, and enzyme action. In terms of cooking, it is the best tasting of all the coconut oil varieties, and is rich in antioxidants and medium-chain fatty acids as well. Due to its excellent anti-microbial properties, it is rated high in safety.

Organic Coconut Oil: Organic coconut oil is derived from organic coconuts that have not been exposed to insecticides or synthetic fertilizers. It can typically be found in organic-based foods and personal products such as

soaps and lotions.

Organic Virgin Coconut Oil: This form of coconut is hard to find, and is essentially derived from virgin coconut oil from organic coconuts.

Coconut Oil Intended for Carrier Oil Purposes: Carrier oils can best be described as oils that can be easily absorbed by the skin, making it easier for other oils and extracts to be absorbed by the skin when combined with it. Carrier oils are often present in Chinese medicine, aromatherapy, and massage oils. Because coconut oil doesn't decompose, it prevents other mixed-in oils and extracts from decomposing as well.

Heart Disease Prevention

Coconut oil contains 50% lauric acid, which can prevent a variety of heart problems and conditions such as high blood pressure and high cholesterol levels. Since coconut oil will not cause an increase in LDL levels, it can significantly reduce the presence of artery blockage, which can lead to atherosclerosis.

Weight Control

Have you ever noticed that people from tropical coastal areas are rarely overweight?

Their secret to slimness is, you guessed it, coconut! In the 1930's, a

well-known physician named Dr. Watson Price observed that Pacific Islanders whose diets were high in coconut had healthy body weights, even though coconut is high in dietary fat.

Coconut is a great tool to control weight due to its short and medium-chain fatty acids that aids in melting fat. As it is easy to digest, it helps to support the proper functioning of the endocrine system and thyroid. Its fatty acid properties can help overweight people shed unwanted pounds by increasing their body's metabolic rate while removing unnecessary stress on the pancreas.

Digestive Relief

Due to America's undeniable love for refined carbohydrates, it's no surprise that many Americans suffer from uncomfortable digestive problems. Fortunately, coconut oil can provide relief from digestive conditions such as irritable bowel syndrome, ulcerative colitis, gastritis, and diverticulitis, when incorporated into the diet.

Diabetes Control

Diabetes is a medical condition caused by the body's off-balance production of insulin. Studies show that a diet rich in coconut oil can protect people who are genetically or environmentally predisposed to diabetes from insulin resistance.

Natural Nourishment for the Hair and Scalp

If you want to have healthy shiny hair, coconut oil is one of the best natural sources you can use to achieve this. It's known for restoring protein loss, which is the primary cause for unattractive hair conditions such as dullness and frizzy strands. It can be applied directly to the hair after shampooing as a nourishing leave-in conditioner. If you suffer from chronic dandruff, it could mean that your scalp is dried out from harsh sulfates commonly found in commercially made shampoos. Sulfates are what make the shampoos foam up, when combined with water and

friction. Massaging a small amount of coconut oil into the scalp is an effective way to keep embarrassing dandruff flakes under control.

Skin Care

In terms of skin care, coconut oil is superior to mineral oil, as there are no adverse side effects. It is a safe, highly-concentrated natural alternative for preventing and curing excessively dry skin. Its remarkable moisturizing capabilities can prevent the appearance of fine lines and wrinkles, as well as sagging skin caused by lack of elasticity. Coconut oil can safely treat skin conditions such as dermatitis, eczema, psoriasis, and skin infections. It is often

used as a base ingredient in personal products such as creams, lotions, and soaps.

Side Effects

Saturated fats like coconut oil have been widely criticized by the media for causing clogged arteries and heightened cholesterol levels, increasing the risk of heart disease. According to the Journal of American Medical Association, this assessment is false, as saturated fats, when consumed in moderate doses, can actually benefit your overall health, and can even lower the risk of stroke in certain individuals. Too much intake of saturated fats, however, can lead to a toxic build-up of fat in the liver.

Give Coconut Oil a Try

As you can see, there are many benefits to incorporating coconut oil into your diet and skin care routine. Once you start to see the positive changes that occur from using coconut oil, be sure to share your positive experiences with others!

Chapter 2- The Advantages of Using Coconut Oil

Coconut oil is known for relieving stress, increasing your immune system,

weight loss, Alzheimer's disease, heart disease, high blood pressure and much more.

Since coconut oil is considered as a super food, it is also known that it provides a unique mix of fatty acids that can impact a person's health immensely. Coconut oil is also proven to increase brain function as well as prevent wrinkles.

Unfortunately, coconut oil has gotten a bit of negative publicity, in regards to containing high amounts of saturated fat. Surprisingly, these fat amounts are meant to be consumed in moderation. While coconut oil does contain fat, it also reaps in many

amazing health benefits.

Coconut Oil contains lauric acid, which is a saturated fat that increases the good cholesterol in your blood to help improve and control your ratio levels.

Unlike most fatty acids, they will instantly go from your liver directly to your digestive tract. From there, these fatty acids are mainly used as fast source energy that can prevent brain disorders. Lauric acid works to maintain the amount of cholesterol in your body while giving you energy.

Another interesting fact is that coconut oil not only lowers your cholesterol, it also gives your hormones

a bit of a detox by included a molecule that will provide as a hormonal cleanse to the body. Most people are unaware of these benefits.



Coconut is considered to be in the exotic food like in the Western world, especially Asia. The people in these countries are known to have incredible health, with little to no signs of heart

disease.

Coconut oil is rich in anti-oxidants which is capable of giving your immune system a gradual boost. Many people in the Asian region who have included coconut oil into their diet were instantly cured of heart disease.

There have been researchers that claim to have evidence that this particular oil has the ability to break down and cure many well-known viruses, cancers and kidney stones. This evidence has been considered as limited evidence.

As for weight loss purposes, if you are a woman looking to shed a few extra

pounds, all you need is two tablespoons of coconut oil a day in the span of about 12 weeks. This will gradually lower the abdominal fat that you cannot get rid of during daily exercise.

Best of all, coconut oil is 100% organic, which means that this oil can also be used as a non-oily, non-greasy moisturizer for your skin.

If you've been looking for a new anti-aging cream or skin conditioner, surprisingly coconut butter and oil will do the trick. You can also use coconut oil to replace your current shaving cream!

This oil can also benefit your skin,

curing dry skin, sunburns, acne, as well as diminishing rashes and evening out your skin tone.

Coconut oil can also serve as the perfect massage oil for your neck, back and scalp. There are many other benefits Coconut oil offers to your skin and hair without needing to eat it.

In most cases, most people use coconut oil to improve their physical appearance of their skin and hair, instantly making their skin and hair look much younger and healthier over time.

It is also a proven fact that coconut oil can protect your hair against hair damage. Coconut oil acts as a sunscreen

to your hair which has the ability to block a small percentage of the ultraviolet rays of the sun.

Another great perk to using Coconut oil is that it can also be used as a type of mouthwash that is capable of killing some of the most harmful bacteria inside your mouth, while it improves your overall dental health.

Despite all of the benefits that Coconut oil provides, this oil can also help eliminate fat with its ability to reduce your hunger cravings.

Coconut oil can also help you cut down on calories while it increases your overall energy intake for 24 hours,

making you feel more energetic.

Coconut oil also includes an appetite reducing effect that will automatically reduce your appetite and affect your overall body weight over the course of a few months to a few years, depending on your body type.

Since the particular oil included a hefty amount of saturated fats, this will not affect your blood pressure or profile. While coconut oil improves the good cholesterol, it also eliminates the bad cholesterol. This will also decrease the risk of cardiovascular problems in the future, such as heart disease and any other heart related issues over the long term.

Coconut oil not only reduces your appetite and burns fat, it can also help reduce weight lose drastically by attacking the abdominal cavity, also known as the hard-to-reach places near and around your organs.

If you want to lose the weight, look and feel better and get immense results in health benefits, then it is strongly encouraged that you choose organic, virgin coconut oil, instead of non-organic oils.

Who knew that coconut oil can be used for all kinds of methods and offer excellent and unbelievable health results?

Even though lauric acid can help lower cholesterol levels, increase thyroid health and blood pressure, it is unable to boost LDL levels. On the bright side, lauric acid can help maintain flexible arteries and keep them strong.

Coconut oil can also help increase your metabolism. When the oil goes into the liver, it will be used as a source of energy. This will help with burning the excess fat from your body, acting as a safe support in weight loss.

This oil can also help increase your overall bone strength. Coconut oil is able to do this by allowing your body to easily absorb calcium, as well as Vitamin E and D and many other

minerals that your body will need.

Coconut oil also includes extraordinary antifungal properties that are known to help alleviate and reduce the amount of yeast in your body, as well as get rid of yeast infections.

Lastly, Coconut oil can also help fight off the flu with its antibacterial properties.

Chapter 3- An Outline of the Various Types of Coconut Oil

While coconut oil is hailed as a

super food, not all types of coconut oil are created equal. The refinement processes and methods of extraction greatly affect the taste and health qualities of the final product. Here is a basic overview of the terms you will see on the bottles of the various types of coconut oil.



Refined Coconut Oils

Refined coconut oils are generally odorless, tasteless, and able to withstand a high cooking temperature. These qualities make them the most popular type to substitute for ordinary cooking oil. However, there are several different types of refinement that yield significantly different products.

Hydrogenated Coconut Oils

This type of refined coconut oil begins with inferior-quality coconuts. In order to turn these old, rotting coconuts into a product that is supposedly edible, they are subjected to an in-depth refining process that includes bleaching and exposure to other harsh chemicals. The hydrogenation process converts the

healthy, unsaturated fat molecules into highly unhealthy trans fat molecules. This process virtually strips the coconut oil of any health benefits, and you might as well be eating margarine. Plus, it generally has a poor taste since it is made from sub-grade coconuts.

Naturally Refined Coconut Oils

Some coconut oil is refined through the use of natural processes like steam and filtration. These oils have all the benefits of refined coconut oil, such as high smoke point and mild flavor, without the harsh chemicals and unhealthy hydrogenation.

Fractionated Coconut Oils

The process of fractionating coconut oil involves steam heat and pressure hydrolysis to separate the various fatty acids and remove the long-chained fat molecules. The result of this process is a highly stable product that is free of impurities and has a long shelf life. Fractionated coconut oils are used widely in the cosmetic industry.

Virgin Coconut Oils

Virgin coconut oils have a stronger, more coconut-y flavor because they have undergone minimal processing. Because it has not been overly tampered with, more of the nutrients from the coconut plant itself will be intact. As far as taste is concerned, it depends mostly on the

quality of the coconuts to begin with as well as the individual palate of the one consuming it. Since it has a strong coconut flavor, it is less versatile than the refined coconut oils.

Different brands will have stronger or milder flavors, so each person can find the one that best suits his or her taste buds. Unfortunately, the label does not necessarily indicate how strong the flavor will be. The terms "virgin" and "extra-virgin" have no real meaning in this context. Coconut enthusiasts who desire a strong coconut flavor will have to experiment with different varieties of virgin coconut oil until they find one that satisfies their craving for coconut-y

goodness.

Organic Coconut Oils

The term "organic" in coconut oil terminology refers to the way that the coconuts are grown - namely, without chemical fertilizers and pesticides. The benefits of choosing organic coconut oil are the same as when you are choosing organic anything. The idea is to preserve nature by not polluting it with artificial substances as well as eliminate the risk of harmful pesticides ending up in your food.

Many people prefer organic because they feel that it insures that they are purchasing a high quality product.

Others are more skeptical because it can be nearly impossible to tell a difference between organic and conventionally-grown product by the taste or odor. However, most organically-grown coconuts are used in unrefined coconut oils which are inherently higher quality than refined coconut oils anyway.

Extracting Methods

This final category refers to the way the oil is harvested from the coconut itself. Any of these methods can be used to make either organic, virgin, or refined coconut oils. While there may be some small differences in the nutritional content of the oils produced from these methods, the main difference is taste.

The more the coconut is heated during the oil-extracting process, the more of a nutty, "toasted" flavor the oil will have.

Expeller Pressed Coconut Oil

The expeller pressing method of coconut oil extraction employs the use of a giant expeller press to squeeze the oil out of the nut. The forces of friction are powerful enough to heat the oil to approximately 210 degrees Fahrenheit. This method extracts virtually all of the oil from the flesh of the coconut, making the expeller pressing method popular among coconut oil manufacturers. However, some consumers are concerned that the heating of the coconuts during this process sacrifices

some of the nutritional value. Others do not care for the "toasted" aftertaste of expeller pressed coconut oil.

Cold Pressed Coconut Oil

In the cold pressed method, the oil is harvested from the coconut at temperatures less than 120 degrees Fahrenheit. The lower temperature means that some of the oil will remain in the white, fleshy coconut meat to be discarded or used as livestock feed. This means that cold pressed coconut oil tends to be a bit pricier than expeller pressed. However, many people prefer it because of its flavor and nutritional content.

Centrifuged Coconut Oil

A less common method of oil extraction is known as the centrifugal method. In this method, the coconut meat is mixed with water and spun at speeds high enough to separate the oil, water, and flesh. This method exposes the coconut to even lower temperatures than cold presses. However, centrifuged coconut oil tends to have a much shorter shelf life than other types because it is nearly impossible to get all the water out of the final product.

Conclusion

For the most part, which type of coconut oil is best is a matter of

personal opinion. The different extracting methods, degree of processing, and coconut-growing techniques will all yield a different taste and nutritional content. The one type of coconut oil that is significantly inferior to the others is anything that has been hydrogenated. The hydrogenation process defeats the purpose of choosing coconut oil.

Chapter 4- How Coconut Oil Can Be Used For Skin Care

As it pertains to looking beautiful

or maintaining standing health, it is essential that the skin be taken care of. This is partly due to the environment that we live in. With the sun beating down on our skin throughout any given day, and harmful substances declaring combat at any given moment, our skin is constantly at risk; therefore, it needs to be properly protected. Aside from prescriptions and over the counter ointments, hundreds of people have developed their own home remedies. And hundreds of thousands are frustrated because nothing they conjure up seems to be working. Have you considered coconut oil? Experts and consumers alike have come to the conclusion that the natural substances

found in coconut oil are entirely beneficial to the skin. Below are eight different ways coconut oil can be used for skin care.

Softens Dry Skin

If you're using coconut oil on the go, you won't see maximum benefits any time soon. The best way to use coconut oil is several hours before you're planning on going out. This will give it the opportunity to settle onto your skin and do its work before being overly exposed to damaging elements. Keep a bottle of the oil near your kitchen and bathroom sink and by your bed to use after doing the dishes, getting out of the shower, and before going to bed.

Coconut oil is perfect for softening the dried or callused skin that comes from the sun's damaging rays, hard, hot water, and any other exposure that you may come into contact with.



Brightens Facial Skin

Don't waste your money on expensive, store bought products to

erase the effects of exhaustion. Makeup brands use coconut oil as a base ingredient in their formulas because of its natural glow. Just smear a small amount of the oil on top of your makeup and let it sit. This will lighten your facial skin while complimenting your normal makeup wear. Allow it to dry before going out so that it has the proper time to moisturize your face.

As a Body Moisturizer

Coconut oil is perfect for large usage doses. Fully applying it to the skin demonstrates many of its benefits. Before you go to bed and right after coming out of the shower or bathtub, apply the coconut oil around your body.

This will keep your skin durable, strong, and healthy. Never stress over your aging skin again! Coconut oil is naturally helpful in clearing away dead skin. It can also be used with other skin lotion agents for more results. Apply it to your legs, arms, and body for a comfortable smoothness that you're willing to show off!

Skin Cleansing

Coconut oil is naturally antibacterial, antifungal, and moisturizing. According to recent studies, it is also fantastic for atopic dermatitis. Rub the oil on your skin in a circular motion (focus on your face and neck); massage as you rub. After

applying the coconut oil, wash it off with a different cleanser of your choice. Not only will you feel immediately cleaner, but you'll look it to. Be sure to get into a habit of cleaning your skin this way for better results. Work it into your day to day routine so that you're not rushing it.

Internal Exfoliation

This is perhaps one of the best benefits of using coconut oil for your skin. Typically we think about applying it to the surface - but it also does wonders from the inside out. It can be eaten directly, used in cooking, or blended into drinks. Try to get a small dose of it daily - gradually taking more as you go. If you can commit to 2 to 4

tablespoons a day, you'll see a big difference in the longevity and health of your skin in just a few weeks.

Prevents Stretch Marks

Coconut oil is used quite frequently by pregnant women; used to maintain and monitor the stretch marks that come with carrying a baby, it is not solely for pregnant women. Applying coconut oil to your skin hours before or right after working out or running will help to protect the skin as its being put to the test.

Increases Sun Tolerance

Some sunscreens and tanning lotions can be more harmful than not.

Too much sunscreen can take away the vitamins from the sun that your body needs and too much tanning lotion can in the long run help to burn the skin. Coconut oil is perfectly in the middle. This method gradually benefits your skin by not only protecting it at the time of usage, but it also builds up your skins health and sun tolerance. Using it can reduce sun damage and skin cancer. Supplement harmful sunscreens and sun lotions with coconut oil and reap the benefits.

Heals Skin Fast

Coconut oil has been proven to heal skin very quickly. Applying it to cuts, scraps, scratches, infections, etc. boosts

your body's natural healing properties exponentially. No other FDA approved drug can claim that it possesses antibacterial and antifungal properties. It limits the amount of microbes on the skin; this in turn cleans up various conditions like dermatitis, eczema, psoriasis, and hundreds of other skin infection and ailments.

Coconut oil has gained a reputation as a health food and natural medicine. Many people today are using it to improve their lives in the area of cleaning up skin issues, digestion, raising their energy levels, assisting in personal weight loss, combating against infections and soars, balance blood

sugar, and provide a host of other health benefits.

Chapter 5- How Coconut Oil Can Be Used Hair Care

Looking at an ingredients list for leave in conditioners can leave you feeling like you are damaging your hair with chemicals instead of nourishing it. Not only that, but these treatments or conditioners can be expensive and will not give you the wow factor that you might be expecting. But there is good news. You can make your own leave in

conditioner with some ingredients, some of which you can probably find in your kitchen right now. And you will get that wow factor, and the satisfaction of a successful do it yourself project!



There are several bases that work

best with additional ingredients that you add to cater to your specific hair type—the ones I like best are olive oil and coconut oil. Coconut oil is slightly more expensive but, in my opinion, works better. Coconut oil not only gets rid of the frizz, but can also address breakage and split ends. According to some studies it also reduces protein loss. It is also a powerful agent in treating dandruff. It fights the fungus that causes your scalp to produce the dry flakes that are associated in severe cases of dandruff. It is oil that not only makes your hair look better, but actually penetrates the shaft and nourishes your scalp.

Okay, you have the base—coconut oil. Buy it as virgin or extra virgin, and organic if you can. Look at the label to make sure it is unrefined. You do not have to refrigerate it; just keep it in a cool and dry place. It keeps for about two years. Once you have purchased your coconut oil, now you have to choose what to add to it.

You can add essential oils to the coconut oil. And use that overnight or as a prewash. If you choose to leave it in overnight, be sure to wrap your hair up in a towel or use a shower cap because as it is oil it will stain your clothes and your bedding. The different kinds of essential oils that work well with

coconut are the following. Peppermint oil works nicely for dried or damaged hair, the scent is invigorating, as peppermint is used in aromatherapy. It also stimulates growth. Lemon works well for greasy hair, though be warned that it may lighten your hair if you expose your hair to heat and light during the process. For that super shine and body lavender is a good addition to the coconut oil and it also an extremely relaxing scent.

You can find coconut oil in most grocery stores. In order to make the essential oil prewash, you need to melt the oil. You can do this on the stove top in a saucepan. Open the lid, place the

bottle into a small or medium sized pan, and pour water until it reaches about halfway up the bottle. Turn the heat on medium. Heat until the oil has softened (on a side note, keep an eye on the stove so it doesn't boil over or dilute the oil). You need one cup of coconut oil and a half (or a full teaspoon if you'd like the aromatherapy effects as much as the treatment effects) of the essential oil that you have chosen.

Mix that together in a small plastic bowl, and let the mixture cool enough so that it won't burn your skin while you while you apply it. And I suggest applying it in the bathtub or the shower so you don't make a mess. Leave it in for

at least a half an hour (though longer is better if you have the time), if you want to make this more effective—wrap your hair up in a warm towel. Rinse in the shower using lukewarm water. Shampoo and condition as usual. This is the coconut essential oil treatment.

Another treatment that you can try with coconut oil is a hair mask. There are several varieties of hair mask that you can make. My personal favorite is an egg and oil mask. You have to heat the coconut oil much like the other recipe for the prewash—however in this recipe, you have to let it cool slightly before you mix the egg in otherwise the egg will cook. You need three

tablespoons of melted coconut oil and one egg. Mix the two together in a bowl. Apply to hair in the shower or bathtub (beware; this recipe can get really messy!) Let it sit for about forty five minutes—you can use a plastic cap if it makes it easier. When you rinse it out, be sure to use lukewarm or cold water otherwise the egg will congeal and be much harder to get out of your hair. You might like scrambled eggs, but I promise you won't like it in your hair.

After reading all these recipes, choose an afternoon where you have some time to yourself. Do it yourself spa days are a fabulous way to relax yourself after a hard week of work. You

can even make a facial mask at the same time as a hair treatment and apply them at the same time. Read a book, watch a guilty pleasure trashy TV show and chill out. You deserve it.

On a side note, coconut oil is not only used for hair. You can use it (as a solid) on your cuticles. Just scoop some out of the jar and rub it between your fingers to heat up a little—then apply just as you would any other cuticle treatment. It can also be used to treat acne and dry skin, keeping in mind that a small amount of this stuff goes a long way. You can even cook with it. Coconut oil is cholesterol free, which makes it a healthy alternative to many other oils.

You can substitute it for butter in many baking recipes. All in all, coconut oil is definitely a worthy ingredient to keep on hand as both a beauty product and a cooking ingredient.

Chapter 6- How Coconut Oil Can Help With Weight Loss

Studies have revealed a significant relationship between coconut oil and weight loss. It can also lead to reduction in your waist size. What more can you want? You lose weight so easily and coconut oil is so delicious to eat.

However, you must remember that coconut oil is high in saturated fat and calories. Therefore, consumption should be with the consultation of your doctor. The oil is to be consumed in moderation for it to help you lose weight.



Why is Coconut Oil Good for Weight Loss?

With so many people shying away from thermo-genic stimulants, is it any wonder that a completely natural product

like coconut oil is gaining popularity? People are looking for way to boost metabolism without using pills that are filled with chemicals. This is the reason why coconut oil, rather virgin coconut oil, is becoming a popular alternative.

Coconut oil contains triglycerides that are easily digested and thus, enhance metabolism. These medium chain fatty acids are then converted to energy. Long chain fatty acids, on the other hand, are not easily digested as the body finds it difficult to break them down. Therefore, these acids, which are found in polyunsaturated oils, are stored as fat in the body.

How Does Coconut Oil Differ

from Other Forms of Fats?

Other Oils contain polyunsaturated fats or long-chain fatty acids. The body is unable to digest these fatty acids or break them down. Therefore, they are stored as fat in various areas of the body.

Coconut oil, on the other hand, contains medium-chain fatty acids, which is broken down and used for energy. These fatty acids are not deposited as fats and thus, coconut oil aids metabolism.

Compelling Evidence Showing the Relation between Coconut Oil and Weight Loss

In the 1940s, farmers began feeding coconut oil to their cattle as it was believed that consumption of this oil enhances weight gain. However, instead of gaining weight, the cattle started losing weight and became lean, active and hungrier.

Subsequently, an experiment was conducted on cows. The cattle were fed with saturated and unsaturated fats in different ratios. The result was surprising. It was observed that cows that were fed more unsaturated fat became more obese. The conclusion of the study was that obesity does not result from the amount of fat consumed but the amount of unsaturated fat consumed.

Presumably, coconut oil, containing saturated fat, helped in making them lean.

Regular consumption of coconut oil decreases cholesterol significantly. It has been observed that coconut eating people have lower cholesterol than their counterparts.

How Does Coconut Oil Promote Weight Loss?

Weight is a bane to the health conscious. Therefore, for those who want to avoid chemicals and still lose weight, coconut oil is a safe alternate. Here are a few ways in which coconut oil promotes weight loss:

Coconut oil slows down food digestion. When your food has been cooked in coconut oil, you feel fuller and do not have food cravings. This will leave no place for snacking and adding weight.

Since this oil slows down your digestion, your blood pressure does not fluctuate after your meal. Therefore, the speed at which carbohydrates are broken down to blood glucose is also slow.

The medium-chain fatty acids or triglycerides in coconut oil work to destroy Candida, a yeast overgrowth, which triggers weight gain. This yeast also gives rise to symptoms like fatigue, cravings for carbohydrates, and others.

Therefore, the elimination of Candida is essential for weight loss.

Detoxifying your body with coconut oil cleanses it of all impurities. It keeps the digestive tract clean and nourishes the cell in your body. This helps in weight loss.

In short, coconut oil promotes weight loss in the following ways –

It Boosts Energy – Coconut oil contain saturated fats and fewer calories than other oils. The fact that the oil contains is neither converted to carbohydrates, nor stored as fat. Since it is a medium-chain fatty acid, it has the ability to enter cells directly and be used

by them for energy.

It Burns Fat – The medium-chain fatty acids also aid in fat burning. They do this by enhancing fat oxidation, and you can shed those unwanted pounds.

It Increases Metabolism – Coconut oil improves thyroid function. If your body does not produce sufficient quantity of thyroxin, which is your body's accelerator, you will not be able to lose weight. Since, coconut oil aids production of thyroxin, your metabolism enhances and you get more energy and thus, lose weight.

How Much Coconut Oil Should You Use?

The quantity of coconut oil that you consume depends on your body weight.

If your body weight is more than 34 kg., then you should consume 2 tablespoons of the oil in a day.

If your body weight exceeds 45 kg., then increase the consumption of the oil to 2 1/2 tablespoons in a day.

How Should You Use Coconut Oil For Weight Loss?

If you have not used coconut oil in your diet before, it is best to start using it in small quantities. Use only virgin coconut oil. Start with just 1 teaspoon and increase the quantity gradually. Let your body get accustomed to it.

It is best to use organic coconut oil that is unrefined.

Health Benefits of Coconut Oil

Coconut oil not only helps in weight loss, it is also good for your immune system, digestive system, lymphatic system and your cardiovascular system. It is also believed that coconut oil helps in the treatment of Alzheimer's disease. It also helps in the treatment of cancer and HIV.

You can treat other minor health issues like caring for your hair, skin, stress, metabolism, blood pressure and others.

Keeping in view the health benefits

of coconut oil, manufacturers have started using it as an ingredient in energy bars and sports drinks. If you are working towards losing weight, then you should start incorporating coconut oil in your diet and include it in your lifestyle. This oil is low-fat and promotes weight loss.

Chapter 7- How Coconut Oil Can Be Used to Improve Overall Health

As you must have garnered from

reading the previous chapter, coconut oil is one fantastic substance. From moisturizing your skin to helping those with Crohn's disease to being added to toothpaste, coconut oil can help just about anyone. Coconut oil contains saturated fats in the form of Medium Chain Triglycerides (MCT's). MCT's, when digested, can be used as energy and can turn into ketone bodies. Ketone bodies provide the brain energy if glucose cannot be accessed. Coconut oil can be used both internally when digested and externally.

Diseases and Health

There are quite a few diseases and conditions that coconut oil can possibly

help. The symptoms of Alzheimer's can potentially be minimized with coconut oil because the oil helps against oxidative stress inside the mitochondria of the heart's cells. The ketone bodies that provide the brain food really help in the case of Alzheimer's disease. Coconut oil has been said to clear the hazy fog that Alzheimer's plagues its effected.

Another condition coconut oil is said to help: Crohn's disease. Crohn's affects digestion and causes inflammation throughout the digestive tract. Crohn's patients have to modify their diet and take medication to help keep down the inflammation and other

symptoms. Coconut oil has anti-inflammatory and antimicrobial qualities. Because irritable bowel syndrome has similar symptoms, coconut oil's anti-inflammatory qualities can also help IBS.

Oils used in cooking can cause thyroid problems to become worse or cause them in the first place, but the MCT's in coconut oil help with low thyroid function because they can speed up metabolism. For similar reasons, MCT's can help with weight loss.

Diet

Now that we know coconut oil is fantastic in terms of your health, how

exactly should it be consumed? Some eat it by the spoonful each morning, but why not cook with it? It can be the relatively healthier alternative to certain butters or fats.

One of the easiest ways to consume coconut oil is to replace other oils with it. When you spray your pan to make your eggs in the morning, spray it with coconut oil. When you spray the baking pan with a cooking oil to make sure your enchiladas don't stick, use coconut oil. One step further is to replace oils with it in actual recipes. When your cake recipe calls for vegetable oil, you can use coconut oil instead. It makes it even sweeter.

If butter is an additive and not an ingredient, coconut oil makes a great replacement! Use it on toast instead of butter or even use it in place of butter when making grilled cheese. Have it on a bagel, coconut oil with its MCT's is both healthier for you and provides a bit of energy.

Coconut oil can be added as a sweetener to drinks. While on its own it does not have much taste, coconut oil can flavor tea or coffee. It adds just enough sweetness, and you can avoid white sugar or creamers which are worse for you.

And lastly, you can add it to your recipes. Do you make granola? Add it to

your granola! Do you ever make your own potato chips or salad dressings? Both can be made with coconut oil. It is all about finding good recipes that already have coconut oil as an ingredient or as something you can add to make it better for you. Coconut oil is definitely healthy for you so why not replace some more unhealthy fats for it!



Hygiene

Coconut oil has a ton of uses in the bathroom as well as the kitchen. Not

only can we cook with it to get those amazing effects, we can use it on our skin in different ways as well. First, coconut oil is great for our hair. The fatty acids help it act as a great conditioner. They help to loosen and soften the hair helping to detangle. Application is best working from the roots to the ends. Because it is oil, it helps to keep the hair from being frizzy. The oil keeps any water from getting to the hair as to make it frizzy and messy.

Second, coconut oil may just be great for your mouth. Many people choose to forgo mouthwash for this oily substance. This is called oil pulling and has become quite popular in certain

circles. The oil can help get rid of extra undigested food, and some even say it whitens their teeth despite there being no medical evidence of this.

If you do not have an oily complexion, coconut oil can work as a make-up remover. As well as being healthy due to it being natural, coconut oil is incredibly hydrating. Some women even recommend rubbing it around the eyes before going to bed.

Just as people use it as a make-up remover, coconut oil can help the lipid barrier of the skin in night cream. It helps to hydrate the skin. Once again, this is only really helpful if you do not have an oily complexion. If you do have

an oily complexion, products can still work for you with coconut oil as one of the ingredients instead of being the main component.

Continuing with moisture as one of the major beauty benefits of coconut oil, it also works great as a lip balm. Once again, the coconut oil is great at helping to hold moisture in because of its protective barrier. Coconut oil is certainly a fantastic substance.

Taking it down from your face to your feet, coconut oil might be great to include in your next home-done pedicure. Coconut oil can be added to your nails to make them stronger and your cuticles because they can help with

any sort of fungal problem.

Coconuts are simply amazing fruits. People who live in tropical climates who consume the coconut meat regularly are believed to overall be healthier than those who live elsewhere. They have lower risks of heart disease and other cardiac problems. It is helpful to your body both internally and externally. Coconut oil is incredibly underrated, but might just be what you need if you are looking for a new hygiene product or healthy fat alternative!

About The Author

Trent Gordon was always being told by his mother that coconut oil was one of those things that did the body good. She was always trying to give him information that she had learned from her own mother growing up.

Trent did not start to appreciate what she had been trying to tell him until he became an adult. He started to use the coconut oil and when he saw that it was indeed beneficial he not only advised her of what had happened but made the decision to share this information with as many individuals as possible.

In order to disseminate this information, Trent got his mothers help and started to put together a book that

would outline all the major benefits if this oil. His main aim was to get others to not only learn about the various forms of coconut oil that were in existence but also to highlight the benefits of each form

Coconut Oil Recipes:

Coconut Oil For Weight Loss, Health and Beauty

By: Valerie Alston



COCONUT OIL RECIPES

Coconut Oil For Weight Loss,
Health and Beauty

VALERIE ALSTON

Introduction

Coconut oil is the edible oil extracted from the coconut fruit. The coconut fruit is known to be a very useful fruit and the coconut oil is one of the reasons why. The coconut oil has been proven to have many benefits to men already. This is why a lot of coconut oil products have already been manufactured and distributed in the market.

Now, there are three major concerns that most individuals have nowadays that can be solved by coconut oil and these are weight loss issues, health issues and beauty issues. As a matter of fact, people are willing to spend a lot of their money

only to find the solution to achieve a good health, a fit body and guaranteed beauty. There is actually no need for them to spend a lot since the benefits of coconut oil cannot only be achieved when they buy pre-packaged coconut oil products. The benefits of coconut oil to weight loss, health and beauty can be achieved by whipping up their own coconut oil recipes as well. Therefore, it is a must to get to know how the coconut oil can truly benefit the health, the quest for weight loss and the achievement of beauty as well as what some of these coconut oil recipes to try are.

Chapter 1. The Benefits of Coconut Oil to Weight Loss

Being overweight is one of the most common problems that most people experience nowadays, however, the consumption of coconut oil products and recipes is said to play a great part in achieving weight loss. How?

It increases metabolism. Coconut oil is said to contain medium-chain fatty acids that has the ability increase the metabolism of a person. When a person has increased metabolism, his or her body's ability to digest the food that he or she takes in and convert fats to energy is working properly. All of the nutrients

from the food can be absorbed by the body and turned into useful substances so there is no room for wasted fats to be stored in the body and contribute to weight gain. This results to weight loss.

It gives a fuller feeling. The consumption of coconut oil and coconut oil recipes has the ability to lower down digestion. When this happens, it gives the individual the feeling of being full. When an individual is feeling full for a long time, he or she can reduce snacking as he or she won't feel hungry for a long time as well. Frequent feeling of hunger is one of the trigger factors of being overweight. With this, when a person reduces his or her snacking because he

or she feels full already, weight loss can effectively be successful.

It suppresses the appetite. Coconut oil contains fatty acids and these fatty acids have the ability to kill the appetite of a person or lessen his or her cravings to eat more. A very large appetite and very strong cravings for food are two major factors that contribute to weight gain and weight loss difficulty. However, because coconut oil can help suppress these cravings and appetite for food, it helps the individual eat less and therefore, lose weight effectively.

It detoxifies the body. The coconut oil also has detoxifying properties that cleanse the body of many impurities

whether impurities of the digestive tract, kidneys, and even impurities brought by bad cholesterols that can harm the body and contribute to weight gain. These wastes and toxins can easily be excreted out of the body with the consumption of coconut oil recipes or with the inclusion of coconut oil in the diet. And when the body has fewer toxins like excess fats, etc. only the important nutrients will be absorbed by the body, therefore, weight loss is possible.

Chapter 2. Weight Loss - Coconut Oil Recipes

It is easy to incorporate coconut oil in one's diet and this is because of the many coconut oil recipes one can whip up for every meal. Whether the recipe is for breakfast, lunch, snack, or dinner, considering the fact that coconut oil is included in these recipes can help you start a weight loss regimen from now on. Here are some of the coconut oil recipes for weight loss you can try:

APPLE-BAKED GRANOLA FOR BREAKFAST

Ingredients:

6 medium-sized apples

Raw almonds (1c)

Rolled oats (1c)

Ground nutmeg (2t)

Vanilla (4t)

Whole wheat flour (1/4c)

300g coconut oil

Non-fat milk (1 1/2c)

Water (1-2 cups)

Procedures:

-Get a large bowl and mix the rolled oats and flour with the milk, water and the coconut oil.

-Cover the mixture for 24 hours in order to soak. (This is to ensure that the food

can be digested well.)

- Soak the raw almonds in a jar as well and leave for 24 hours as well for them to partially sprout.

- Pre-heat the oven.

- Chop the almonds. Mix them onto the rolled oat mixture and stir.

- Peel and slice the apples.

- Get a saucepan and fill it with 3T water. Place the apples and then simmer until soft.

- In another boiler, melt the vanilla extract, the cinnamon, salt and honey while stirring. Wait for the honey to thin.

- Mix the honey mixture with the rolled oat mixture.

- Mash the soft apples and then slowly pour them onto the rolled oat mixture as

well.

-Spread the mixture onto a pan or place them on small trays.

-Let dry and cool.

COCONUT OIL AND EGG DRINK

Ingredients:

2T coconut oil

2pcs. Eggs

1T honey

2T grass-fed butter

1½ cup water

Procedures:

-Blend the eggs, the honey, the butter and the coconut oil as well as the water together in your blender. –Continue blending them until smooth and foamy.

-Pour the blended smoothie into a mug and place inside the fridge. (You can add

other ingredients but since your objective is to lose weight, avoid adding too much sugar.)

VEGGIE AND COCONUT OMELET FOR BURNING FATS

Ingredients:

4T coconut oil

4 eggs

1 onion

½ broccoli small

1/2c chopped parsley

1pc red bell pepper

4T water

1 pinch Salt and pepper

Procedures:

-Mix the chopped bell pepper, onion,

and broccoli onto a bowl.

-On a separate bowl, beat the eggs including the water. Then add the salt and pepper.

-Use a spatula to pour the egg mixture into the pan.

-On the surface of the omelet, pour the veggie mixture and then fold the other half of the omelet.

-Wait 2-3 minutes before cutting the omelet in half and serving it.

COCONUT ALMOND SMOOTHIE

Ingredients:

3/4 c yogurt

1T raw almonds, ground

4T coconut oil

1/4 t cinnamon powder

Procedure:

-Blend all the ingredients in the blender for at least 30 seconds.

-Pour the blended mixture onto a glass.

-Sprinkle with the cinnamon powder and serve or refrigerate if you want it to be served cold.

Chapter 3. The Benefits of Coconut Oil to Health

Coconut oil has benefits to health not only in terms of achieving a healthy weight but to health, in general. All aspects of man's health can benefit from coconut oil. There are many ways by which coconut oil can benefit the health of a person.

It contributes to heart health. Coconut oil is said to be bad for the heart because of the fact that it has lots of saturated fats. However, since it has antioxidant properties, the coconut oil is said to have the ability to combat the effects of these saturated fats as it also reduces

cholesterol, resulting to improved heart health instead of harming the heart. Even with its fats present, bad cholesterol is still decreased instead of being increased. It has also been proven that those who consume coconut oil or incorporate coconut oil in their diets can lessen their risk of heart attack.

It contributes to brain health. Coconut oil is not only heart-friendly but also brain-friendly because it contains fatty acids. These fatty acids have the ability to increase the body's ability to produce increased blood levels of ketone bodies. These ketone bodies give a supply of energy to the brain cells. When brain cells are energized, the risk of acquiring

brain diseases such as Alzheimer's disease can be prevented and even Alzheimer's patients can also benefit from improved condition due to more energized brain cells.

It helps prevent and fight off infection.

Coconut oil contains lauric acid and monolaurin which are helpful substances that can kill sources of infections like fungi, virus and bacteria. Whether the infection is a bacterial infection such as yeast infection, etc., viral infections like flu, and even fungal infections like skin diseases, etc. coconut oil has the ability to combat these infections and prevent the onset of these infections in your body as it is known to have anti-microbial,

anti-viral and antibacterial properties.

It improves the health of the mouth, skin and the hair. Coconut oil is naturally a very potent moisturizer that cannot only moisturize the skin but also give amazing benefits to it because of its anti-oxidant properties. It will help keep the health of the skin improved as it prevents and can fight off skin infections and even skin aging. The coconut oil's moisturizing property can also benefit the health of the hair and the scalp. It contributes to achieving a smooth and dandruff free hair. And most of all, the oral health can also benefit from coconut oil since its anti-bacterial property can also make it a very potent mouthwash, killing

bacteria present in the mouth. These are some of the reasons why a lot of coconut oil products are already crowding the market nowadays.

It contributes to bone health. The coconut oil is not only a health contributor when it comes to mouth, skin, heart, brain, and hair but also to the bones. Coconut oil is also very effective when it comes to aiding the body in absorbing all the essential nutrients like calcium and other minerals that can help the bones a lot. When there is better absorption of these minerals in the body, the bones can successfully be strengthened, reducing the risk of bone diseases like osteoporosis, etc. or even

improving the condition of patients with bone diseases.

Chapter 4. Coconut Oil Recipes for Good Health

There are coconut oil recipes you can try in order to achieve a good overall health. Depending on the aspect of your health that you want to improve, you can try whipping up some coconut oil dishes that can make your diet a healthy one. Here are some of the health-friendly coconut oil recipes:

MUSHROOM GREEN BEANS WITH COCONUT OIL DISH

Ingredients:

2T coconut oil
500g green beans, cooked
5-10 leaves coriander, chopped
2c mushrooms, chopped
1/2t black pepper
Salt

Procedure:

- Pour in coconut oil to a pan and heat.
- Sauté the chopped mushrooms into the coconut oil.
- Allow the liquid to evaporate.
- Then, add the green beans into the sautéed mushrooms.
- Add salt to taste and mix well.
- Cover and wait until the beans become tender.

-Add black pepper, mix well and serve.

GRAIN-FREE COCONUT CUPCAKES

Ingredients:

2T coconut oil

2t vanilla extract

1T coconut flour, sifted

1/4c packed almond flour

2c shredded but unsweetened coconut,
ground

1/4c coconut milk

1/4 c honey

1/8t salt

1/2t baking powder, aluminum-free

3 eggs, large

Procedure:

- Preheat the oven.
- Scoop the almond flour with the use of a measuring cup and add it to the shredded and ground coconut -along with other dry ingredients.
- Melt the butter and mix it with eggs, the vanilla extract, and the coconut milk. Beat them together.
- Mix the dry and wet ingredients, beating them together.
- Prepare the muffin pan with muffin papers.
- Then, pour the batter onto these well-greased muffin pans with the muffin paper.
- Bake the batter for 18-20 minutes.
- When baked, let cool before taking out.

-As soon as they have cooled down, it is up to you to dip them onto a glaze or not, depending on your health preferences.

COCONUT BANANA BREAD

Ingredients:

1 3/4c flour

1 1/4t baking soda

1t baking powder

3 mashed, ripe and large bananas

1/2t coconut oil

1/2c flaked coconut

1t vanilla

1/2 c Sugar

3 egg whites

¼c non-fat yogurt

2T skim milk

¼c orange juice

Procedure:

-Preheat the oven.

-In a mixing bowl, start mixing the flour, the baking soda and powder together.

-In a separate bowl, mix the banana with the brown sugar, vanilla, egg whites, and the coconut oil.

-Add the flour mixture to the egg mixture and mix well until moist.

-Then, add the orange juice and the yogurt as well as the skim milk.

-Pour in the coconut flaks into the batter, mix and start pouring the batter onto a loaf pan.

- Sprinkle coconut flakes on top of the batter without mixing.
- Bake until golden brown.

COCONUT OATMEAL COOKIES

Ingredients:

1c coconut oil

2pcs eggs

$\frac{1}{2}$ t salt

$\frac{1}{2}$ c whole wheat flour

$\frac{3}{4}$ c unbleached flour

$\frac{1}{2}$ c shredded coconut

1 $\frac{1}{2}$ c sugar (whole cane)

1t vanilla extract

$\frac{1}{2}$ t baking powder

$\frac{1}{4}$ c coconut flour

1 $\frac{1}{2}$ c oats

$\frac{3}{4}$ c raisins

Procedure:

- Preheat the oven.
- Mix the coconut oil with sugar until they are creamy.
- Add the eggs to the mixture and mix well.
- Add the salt, the vanilla, and the baking powder and make sure they are well-blended with the mixture as well.
- Add the flours, the coconuts, the raisins and the oats.
- Scoop the mixture using a cookie scoop and drop them one by one on the cookie baking sheet.
- Wait for it to bake in 10 minutes.

CASHEW AND COCONUT DIP

Those who love to eat foods that require dips can make their dipping experience healthy as well as with this coconut oil dip recipe.

Ingredients:

½c raw and soaked cashews
1T coconut oil
1 ½T honey
1/3c coconut milk

Procedure:

-Blend the entire ingredient together using a blender until they are well-

blended and smooth.

-Refrigerate and store for use later.

BAKED VEGETABLES

Ingredients:

1pc squash, medium-sized
2pcs carrots, medium-sized
2pcs sweet potatoes
2pcs parsnips
3-7 cloves of garlic
3T coconut oil
1 onion, big
Salt and pepper

Procedure:

- Cut all the vegetable ingredients into 2 inch-pieces
- Remove the onion skin but do not chop.
- Place all the vegetables in a bowl.
- Mix in the spices such as the garlic,

salt, and the coconut oil.

- Bake the vegetables until tender.

- Bake but stir occasionally.

COCONUT, MANGO AND SALMON DISH

Ingredients:

1/4c sugar, organic
2-3lbs. salmon, filleted
1c mango juice
1c coconut chips
1 1/2T cornstarch
1/2c coconut oil
2T soy sauce

Procedure:

- Preheat the oven.
- Grease the pans lightly.
- In a bowl, mix the sugar and cornstarch

together.

-In another saucepan, start melting the coconut oil, and mixing the soy sauce and mango juice with it.

-While stirring, add the cornstarch and sugar mixture.

-Keep stirring until the mango juice thickens.

-Spread the coconut chips onto the salmon arrangement.

-Pour the mango juice mixture on the salmon.

-Then, bake for at least 15 minutes until it is lighter in color already and flaky.

Chapter 5. The Benefits of Coconut Oil to Beauty

Coconut oil is not only superb when it comes to losing weight and being healthy but also in achieving beauty, which is one of the major concerns of people nowadays. Here are the many benefits that can be contributed by coconut oil to beauty.

It keeps the skin moisturized. The fact that it is “oil” simply means that it really has the ability to keep the skin moisturized. However, unlike typical oil which only greases the skin in a messy manner, the coconut oil moisturizes the skin in a healthy manner since it contains

vitamin E which is essential for the improvement of the skin appearance. Not only will the skin be moisturized but it will also look good. When a skin is moisturized instead of being dry and course, it is not only the appearance that would be improved but also your skin's health as skin diseases can be prevented.

It treats acne and acne scars. The coconut oil's essential vitamins and minerals have the ability to reduce the onset of acne as well as even fight off acne and even lessen the acne scars. As simple as rubbing the oil onto the skin can already benefit your acne face a lot. Acne is one of the major skin problems nowadays and that's not only because it

destroys one's appearance but also because it leaves behind scars. But because of coconut oil, the acne and the acne scars as well as other blemishes can be gotten rid of.

It prevents and treats hair damage. When it comes to beauty, skin is not the only basis but also the hair. With this, coconut oil's vitamins and minerals like vitamin E, etc. can also benefit the hair a lot. It also acts as a hair moisturizer that keeps the hair smooth simply by rubbing the oil onto it. People with dry and damaged hair due to many different damaging factors like stress, pollution, chemicals, etc. can benefit from coconut oil a lot even without spending a lot for synthetic

and chemical treatments and without exposing them more to chemicals.

It protects the scalp from dandruff.

Another hair problem is scalp dandruff since this is not only itchy but it is also embarrassing. With this, the vitamins and minerals found in the coconut oil that smoothen the hair can actually also get rid of dandruff by nourishing the scalp since dandruff is usually caused by damaged scalp. Simply by rubbing coconut oil onto the scalp overnight can already replenish the scalp and restore its health back, leaving no room for dandruff to appear.

It treats skin disorders. Naturally, when skin disorders attack, whether it is a

bacterial viral or fungal skin disorder, it can really hamper beauty. With this, the coconut oil can benefit those who are victims of skin disorders since it is packed with vitamin E, antimicrobial lipids, caprylic acid, capric acid and lauric acid. These have antifungal and antibacterial properties as well as antiviral properties. Applying the coconut oil onto the affected area can help treat whatever skin disorders they are; whether it is eczema, athlete's foot, nail fungus, rashes, psoriasis, etc. and restore the beauty and health of the skin.

To sum up, the coconut oil can benefit beauty by targeting the two major beauty concerns; the skin and the hair.

Chapter 6. Coconut Oil

Recipes for Beauty

Coconut oil recipes do not necessarily have to be eaten. They can also refer to recipes that you can whip up in order to perform your beauty regimen, be it for your hair or skin. With this, here some coconut oil recipes that you can try and apply in order to achieve beauty.

For the Face

COCONUT OIL FACIAL MOISTURIZING MASK

This is to keep the skin moisturized and prevent dry skin issues.

Ingredients:

1T coconut oil

1T honey

½t avocado oil

Procedure:

-Blend honey, avocado oil and coconut oil together. Mix them well.

-Pour into a container/jar.

-When using; leave on your face for about 10-20 minutes before washing off. You can also add banana oil or carrot seed oil, depending on your preference.

COCONUT OIL FACIAL WASH

This is to keep impurities away from your face.

Ingredients:

1T coconut oil

2 drops lavender oil

3 drops tea tree oil

(You can add lemon juice if you have oily skin)

Procedure:

-Mix these ingredients together well.

-Pour in a container or a jar.

-When using; simply use it like you would a typical facial wash. Leave it on

for at least a minute and rinse. Then, pat dry.

COCONUT OIL LIP BALM

1T coconut oil

1T honey

1T olive oil or red palm oil (for a tint of lip color)

Procedure:

-Mix and eat the oils together in low heat until they melt and are blended together well.

-Start pouring the mixture onto a container.

-Let cool.

COCONUT OIL FACIAL SKIN CREAM

Ingredients:

1T coconut oil

2-3 drops of tea tree oil

3T shea butter

Procedure:

-Mix the coconut oil with the shea butter and the tea tree oil.

-For a frosting-like consistency, try squishing it with the back of the spoon.

-Store the finished product in a jar.

For the Skin

COCONUT OIL BODY BUTTER RECIPE

Ingredients:

1c coconut oil

1-2 drops of essential oil according to your preference (for fragrance purposes)

Procedure:

-Get a mixing bowl and pour in these two ingredients.

-Mix them together with a mixer at high speed for 6-7 minutes.

-Scoop up the whipped mixture using a spoon and store it onto a glass jar.

-Cover tightly and store at temperature that won't melt the oil.

COCONUT OIL LOTION BAR

Ingredients:

1c coconut oil

1c honey

Procedure:

- Mix and heat the coconut oil and honey together.
- Upon melting, it is up to you if you would add essential oils for fragrance.
- Prepare your molded pans and trays.
- Pour in the mixture onto the trays.
- Let them sit and cool in the trays or place them inside the fridge. Once they are cooled, they are hardened.

COCONUT OIL HAND SCRUB

Ingredients:

1T coconut oil

¼c rock salt

1T lemon juice

2T honey, raw

¼c sugar, organic

Procedure:

-Get a medium,-sized bowl and stir or mix the honey and the coconut oil.

-In a separate bowl, start blending the sugar, the lemon juice and salt together until crumbly

-Mix the salt mixture and the honey mixture together until smooth.

-Store in a glass jar or any container.

For the Hair

COCONUT HAIR CONDITIONING MASK

Ingredients:

1-2t coconut oil

5 drops of peppermint essential oil or
any

1t honey

1 squeeze of lemon juice

Procedure:

-Get a small dish and put together the
honey and the coconut oil.

-Add a squeeze of lemon juice.

(Optional)

- Mix them well until pasty and smooth.
- Place in a container, ready for use.

COCONUT OIL RECIPE FOR FRIZZY HAIR

Ingredients:

Coconut Oil

Aloe vera gel

Jojoba oil

Aloe vera juice

Honey

Procedure:

- Get a bowl and mix in honey and aloe vera juice; both 1 tablespoon.
- Mix in $\frac{1}{2}$ tablespoon of coconut oil and mix all these mixtures well to create a conditioner.
- Then, get another container and mix the

aloe vera gel and aloe vera juice.

- Add a teaspoon of jojoba oil.

- Fill a bottle with water to create a spray for frizzy hair.

COCONUT OIL HAIR REPAIR TREATMENT FOR DRY, ITCHY SCALP

Ingredients:

Coconut Oil

Essential Oils, particularly, bay,
chamomile, eucalyptus, lavender, etc.
Just choose any.

Procedure:

- Mix your chosen essential oil to the coconut oil in a bowl.
- Pour in the mixture into any container and then store it for use.
- When using; simply scoop up the oil mixture and rub onto scalp.

To treat other hair problems, you can simply change the essential oil to mix with the coconut oil. For instance, you can also add thyme or cedar wood for hair loss.

Conclusion

The benefits of coconut oil are indeed countless as they are not only limited to a certain aspect of your life but several important aspects. These benefits target an individual's major concern nowadays such as health, beauty as well as weight loss. And with the existence of homemade coconut oil recipes that one can whip up for whatever his or her purpose is, it is no longer difficult or impossible nowadays to obtain these benefits. The best thing about these coconut oil recipes is that they can be prepared at the comfort of one's own home. Preparing these recipes is also easy to do since they only require a few

ingredients and very simple procedures. It is not only easy to prepare, therefore, but also easy on the budget. And most of all, these coconut oil recipes are also very effective when it comes to obtaining coconut oil benefits in terms of weight loss, beauty and health.

It is now up to you to decide whether you want to whip up an extravagant coconut oil recipe or stick with the simplest recipe. One thing is for sure though: Make sure you always keep a coconut oil in hand as it can really come in handy.

Thank You Page

I want to personally thank you for reading my book. I hope you found information in this book useful and I would be very grateful if you could leave your honest review about this book. I certainly want to thank you in advance for doing this.

Coconut Oil- Natures Wonder Cure

**How Coconut Oil Revitalizes The
Body**

By: Jerrod Heyd



COCONUT OIL

NATURE'S WONDER CURE

HOW COCONUT OIL REVITALIZES THE BODY



Chapter 1- Coconut Oil- What Is It and Where Did It Originate?

Coconut oil was used for many years by our ancestors. However, its recent comeback is due to the discovery of its versatility and multiple uses, such as for medicinal purposes, as a health food, in soaps and cosmetics, and for use in industrial products. Containing high amounts of saturated fat, coconut oil has a shelf-life of approximately two years without turning rancid or spoiling.



The flesh of the coconut produces a white semi-solid fat which is edible by humans and some animals. After the coconuts have been harvested from coconut palm trees, the oil is extracted from the meat of mature coconuts.

Proper harvesting is crucial for proper processing, and coconuts should be picked when they are between 2 - 20 months of age. Mature coconuts only yield a little more than 10% of extracted oil.

Processing

Dry or wet processing can be used to extract the oil from coconuts. Dry processing involves removing the meat from the shell and drying it out in the sun with heat from a fire or using a kiln. This process produces a high-fiber protein mash called copra which is pressed or liquefied using a detergent-type solvent. Copra is inedible by humans but may be fed to animals such as cows, sheep,

goats, antelopes, giraffes, and okapis. Dry processing is not used as often due to the risk of spoilage and infestation of pests.

The raw coconut is used in wet processing, and creates a creamy paste of the oil and water. Several processes are used to extract the oil, such as rotating the paste in a centrifuge to separate the components needed or applications of cold or heat, salts, acids, or enzymes. Some oil is lost in wet processing and has a high manufacturing cost due to the technology and equipment required in the processing.

Uses of Coconut Oil

Coconut oil is excellent for use is cooking, for industrial use, personal use, and for medicinal purposes.

Cooking

Used for frying, baking, and sautéing foods and in South Asian cuisine, refined coconut oil made from copra (processed dried coconut meat) normally does not have any taste or smell. While there is no industry standard regarding virgin coconut oil (VCO), a common characteristic is that it should be made with fresh coconut meat instead of dried, and chemicals or excessive heat processes are not used in processing. VCO is known for its sweeter, nuttier flavor than refined

coconut oil. Health-conscious people and vegetarians prefer to use coconut oil in cooking. It is also used in the following foods:

Baked goods and pastries

Sautéing vegetables and sauces

Movie theater popcorn

Non-dairy creamers

Industrial Use

Since coconut oil can tolerate high temperatures, has a high viscosity (fluidity movement), and low combustion, it has been used to make diesel engine fuel. However, if it doesn't meet certain industrial standards, it can

clog or carbonize in an unmodified engine. Samoa, the Philippines, and other tropical areas use coconut oil as fuel for cars, trucks, and other transportation. Other uses include:

To power generators

Engine lubricants

Transformer oil

Herbicides

Surfactants, which allows the liquid to spread more

Personal Uses

In addition to uses in cooking and industry, coconut oil is used for

moisturizing dry skin and hair; can be used as a sexual lubricant; was burned in oil lamps in the Indian culture; and is the base ingredient for many types of soap.

Medicinal Purposes

Known for its healing properties and nutritional benefits, some Pacific islanders consider coconut oil a cure-all for various ailments. Full of vitamins and minerals, coconut oil has been called "the earth's healthiest oil" because it is unique in its composition. In 1954, there was major concern that coconut oil was ruining the health of Americans due to the high saturated fat content, and claims were made that it was blocking arteries and causing heart

disease in adults. This sparked an interest in the oil, and modern medicine has now proven that even though it is a saturated fat, coconut oil is different in structure and behaves differently in the body than other oils. It is now considered a "super fat" with more health and medicinal benefits than previously believed. It has been proven to protect the body against diabetes, cancer, osteoporosis, tooth decay, and infections.

Origin of Coconut Oil

Coconut oil is obtained from the seed of the palm tree, which is the coconut, or *cocos nucifera*. The use of coconut oil has been documented

throughout history for more than 3900 years as a food source and for medicinal purposes. Some of the first documentation was written in Sanskrit as early as 1500 B.C. Its use originated in the tropics of South and Central America, Africa, India, and throughout Asia. While coconut oil was believed to have originated in the Western Pacific islands and India, coconuts traveled across the ocean to other islands and countries on the ocean currents. Even after floating in the ocean for several months, coconut seeds are still able to germinate. It is called the fruit of the gods because every part of the coconut tree or seed can be used for a specific

purpose.

Used all over the world, coconut oil was used in tropical countries as hair tonic, skin moisturizers, soap, and body oils. In India, it was used as the main cooking oil. After WWII, it was used as margarine and coconut butter. Today, coconut oil is among the 9 top oils that are traded internationally and is produced in Indonesia, the Philippines, and India. The world coconut oil market is valued at around 20 million dollars.

The coconut palm has been called the Tree of Life for centuries. The oil has been used for food, medicine, and skin care. It is now used as a part of a healthy diet and is an essential

ingredient in a multitude of body and hair care products. It is a natural antioxidant and is cholesterol free. The discovery of the many beneficial properties of coconut oil will change lives for the good.

Chapter 2- Extra Virgin and Regular Coconut Oil- How Are They Different?

Coconut oil has been used in the tropics for thousands of years, but it is starting to get a lot of attention. Its health

benefits are becoming obvious. Coconut oil comes in available in two forms: unrefined and refined.



Extra Virgin Coconut Oil

Coconut oil that is unrefined is often known as "extra virgin" coconut oil. The extra virgin type is the purest. This type is made by pressing raw or

unrefined oil out of the coconut, and it is not treated in any way. The term "extra virgin coconut oil" is generally used to emphasize quality or purity. In fact, both "extra virgin coconut oil" and "virgin coconut oil" are likely to be in the same category. Unlike with olive oil, there are no fixed guidelines at present for determining quality distinctions in coconut oil.

Regular Coconut Oil

This is refined coconut oil that has been treated to the point and usually has no odor or taste. Refined coconut oil has been bleached, and deodorized. It is purified with bleaching clays to remove contaminants that occurred during the

drying process. This process is followed by using high heat to deodorize the oil to remove its flavor and odor. Sodium hydroxide is usually added to the oil to prolong its shelf life. Some brands use chemical solvents in order to extract the most oil from the coconut meat. The oil may be partially hydrogenated, too, meaning it will contain trans-fats.

Nutrients

Coconut oil is mainly comprised of a substance called lauric acid, a medium-chain fatty acid. Researchers have highlighted the numerous health benefits of lauric acid consumption, including antibacterial, antifungal, antiviral and immune-boosting effects.

This beneficial fatty-acid is contained in the same amount in both refined and unrefined coconut oil. Unrefined coconut oil, however, contains more phytonutrients than the refined type. Also researchers believe that polyphenols are damaged by the heating and bleaching process used in the production of refined coconut oil, meaning that more are contained in the unrefined type.

The Health Benefits of Coconut

Coconut was once believed to be an unhealthy food with high saturated fat content, but the health benefits of this tropical food have become more obvious. The saturated fat found in coconut meat and oil is different from

the saturated fat present in products such as beef or butter and may provide benefits including improved heart health and improved thyroid function. Coconut also contains lauric acid, which is anti-microbial. Other health benefits associated with coconut include restoring lost electrolytes and improving hair and skin condition.

The saturated fat contained in coconut oil, grated coconut and other coconut products is comprised of medium-chain triglycerides, which the fat contained in other products, such as vegetable oil and meats, is made up of. The body can better process medium-chain triglycerides than it can break

down long-chain triglycerides. Since the body is normally stores long-chain triglycerides, it breaks down medium-chain triglycerides, resulting to an increase in the metabolism, increased energy, and, sometimes, weight loss.

There are also other health benefits associated with coconut consumption, and they include a lower rate of heart attack risk in some people. When an individual consumes coconut oil or meat and eats large amounts of fruits and vegetables and small quantities of animal products, the person may have a lower risk of heart ailment. The fat contained in coconut oil does not cause increased levels of bad cholesterol, or LDL, and

may lead to increased levels of good cholesterol, or HDL.

Lauric acid provides many other health benefits associated with coconut consumption. When a person consumes a coconut product, the body converts the lauric acid into a substance called monolaurin, which is a compound that destroys viruses, bacteria, and fungi. Coconut is a natural source of lauric acid. It is believed that a tablespoon of coconut oil contains 7 grams of lauric acid, while a tablespoon of dried, shredded coconut meat contains about 2 grams. The suggested daily amount to derive any benefit is anywhere from 10 to 20 grams.

Some people rub the oil on their hair to moisturize it. Coconut oil is also used as a skin moisturizer and helps control itchiness resulting from dry skin. Some suggest that coconut oil can be used to prevent or ease skin wrinkling.

Coconut water contains essential electrolytes, such as sodium and potassium. It is also a good source of glucose. Coconut water can be a perfect replacement for sports drinks or beverages, but because it has sugar, it should not be consumed in large amounts.

The health benefits of coconut oil are numerous and include skin care, hair care, stress relief, weight loss, bone

strength, increased immunity, dental care, diabetes, kidney problems, increased metabolism and proper digestion, and maintaining healthy cholesterol levels, and much more.

Considerations

Coconut oil provides a lot of benefits and has been used around the world, for a long time. This oil provides a plethora of health benefits. Typically, refined coconut oils have less coconut flavor and scent. On the other hand, unrefined or virgin coconut oils normally have a strong coconut flavor. Virgin coconut oil can be used as a replacement for margarine, butter, ghee or any other oil.

Because of its beneficial antibacterial, antiviral, antiprotozoal, antifungal and antioxidant properties, experts suggest taking 3 to 4 tablespoons of virgin coconut oil a day can help maintain optimal health. Coconut oil provides great benefits unless it is processed by hydrogenation, which creates harmful trans-fatty acids. It is important to keep in mind that, due to the antimicrobial and antioxidant properties of this oil, you may experience diarrhea as a result of the oil killing off and getting rid of some of the fungi, viruses and bacteria in the body. This side effect can be avoided or minimized if you add the recommended dose of coconut oil

slowly throughout the day and gradually increase the dose to the suggested amount over several days to allow your body to get used to the substance.

Chapter 3- What Are the Medicinal Benefits of Coconut Oil?

Considered one of most exotic foods in the world, the coconut has gained recent popularity as a superfood for its medicinal benefits. Some of the healthiest populations in the world, including those in the South Pacific, have consumed massive amounts of

coconut for decades and statistics show that there is little evidence of heart disease in these people. Coconut oil includes extraordinary levels of lauric acid, capric acid, and caprylic acid which is responsible for its antibacterial, antifungal, antioxidant, and antimicrobial properties.



How It Works

Known as the fruit of the coconut palm, the oil from the nut is used for medicinal purposes. There are two main types of coconut oil - refined and virgin. Refined oil is processed using chemicals or solvents. Virgin coconut oil is processed naturally without using bleach, deodorizers, or excessive heat.

Even though coconut oil is a rich source of saturated fat, it is classified as a medium chain triglyceride (MCT) which means that the body metabolizes this type of fatty acid differently. MCTs enter the digestive tract straight from the liver, and are used as a source of energy or are converted to ketones. For this reason, it is considered harmless and

safe for use.

How to Use Coconut Oil

Coconut oil can be used or consumed in different ways:

Cooking: Even though it is in a solid form when at room temperature, it can be melted easily at a low temperature and used in place of butter or vegetable oil.

Topical: May be reduced to a liquid by submerging its container in warm water, may be heated over a low flame, or will melt by the warmth of your hands or skin. However, microwaving is not recommended due to lessening the healing benefits.

Natural State: Coconut oil may be consumed in its unheated and uncooked solid form directly from the container for the maximum health benefits. It has no taste or smell.

Health Benefits

In the past, coconut oil was considered unhealthy because it was a saturated fat and was believed to be instrumental in the development of heart disease. Research has shown that the opposite is true, and coconut oil is actually heart-healthy and benefits the body in other ways as well. Here are some of the health benefits of coconut oil:

Helps fight off bacteria and illnesses

Controls the growth of yeast, Candida, and fungus

Keeps blood sugar regulated and assists the body in using insulin

Improves thyroid function

Boosts metabolism

Aids in digestion and in the absorption of vitamins and minerals

Other medical uses for coconut oil are:

Cholesterol Reduction

Lauric acid, a kind of MCT, is

responsible for improving overall cholesterol levels by raising the HDL (good cholesterol) and lowering the LDL (bad cholesterol). It also returns thyroid function to normal, which can cause and increase in LDL if not functioning properly. Studies have shown that coconut oil also reduces triglycerides in the blood as well as improving the coagulation of blood, which diminishes the risk of heart disease.

Weight Control

Obesity in the United States is a major health issue. MCTs have been shown to break down healthy fats while in the liver, causing more efficient energy burning. Women including 2

tablespoons of coconut oil in their daily diet for 4 months lost a considerable amount of abdominal/belly fat and around the organs while keeping their weight stable. Weight loss was achieved over a period of time without adding exercise or reducing caloric intake. It also encourages weight loss by reducing hunger, controlling the appetite, and lowering the consumption of calories.

Prevention of Aging

Coconut oil has powerful antioxidant properties, and slows down the aging process by keeping cells from damaging healthy tissues through oxidation, which contributes to aging skin and cardiovascular problems.

Skin & Hair

Full of the protective antioxidant vitamin E, coconut oil is the perfect skin moisturizer and hair conditioner and improves the condition of both. However, pesticides and other toxins may be absorbed through the skin if not using organic products. A mild but effective sunscreen, coconut oil blocks approximately 20% of ultraviolet rays.

Coconut oil has been used to kill bacteria in the mouth when used as a mouthwash, promotes dental and oral health, and minimizes bad breath.

Side Effects

Use of coconut oil as a food source

and as medicines has been found safe when used in moderation. However, there have been no specific studies as of yet to determine if there are health hazards from overuse. However, overuse may cause nausea or vomiting.

Fighting Infections

Lauric acid and the monoglyceride monolaurin found in coconut oil destroy viruses, bacteria, and fungi that can cause infections. It also kills the very dangerous Staphylococcus Aureus bacteria and controls the growth of Candida Albicans and other yeast that causes infections in humans.

Prevention of Seizures

As fatty acids are metabolized into ketones, incidences of seizures in epileptics have been reduced when adding coconut oil to the daily regimen, especially in the treatment of children with drug-resistant epilepsy or when other medications have failed.

Alzheimer's Disease

Alzheimer's disease occurs when neurons in the brain malfunction and cause progressive degeneration in the nerve cells. The result is memory loss, reduction in thinking and language skills, and changes in behavior. Found mainly in the elderly, certain parts of the brain are deprived of glucose, which is used for energy within the brain cells. The

ketones produced in coconut oil can reduce the symptoms of dementia and Alzheimer's disease by providing a substitute energy source.

Other Uses:

Coconut oil is said to eliminate or improve the following conditions, even though significant evidence has not yet been proven:

Head lice

Psoriasis/eczema/athlete's
foot/ringworm/diaper rash

Diabetes

Chronic Fatigue Syndrome

Pneumonia

Acid reflux/heartburn

Crohn's disease/Irritable Bowel

Syndrome (IBS)

Thyroid conditions

HIV treatment

Coconut oil has been proven to fight diseases, soothe skin, and to have other superior health benefits. Even though more studies are needed, scientific research has shown that coconut oil is beneficial when used for medicinal purposes.

Chapter 4- What Are the Culinary Benefits of Coconut Oil?

Cooking with coconut oil has many benefits for the body. Many people think that coconut oil is bad for their health, but it is actually very good for the body in many ways. It contains coconut fat, and populations who eat it are a lot healthier than people who don't. Some of the many benefits of cooking with coconut oil include tasty foods, promoting a healthy heart, helping people lose weight, increasing metabolism, increasing digestive health and relief from kidney problems, heart

diseases, and high blood pressure. It also helps with brain function, bone health, and helping the tissues in the body stay healthy and strong.



The main benefit of cooking with coconut oil is the way that it enhances the tastes of food. It has a light and sweet flavor that is great for sweet or savory dishes, or anything in between.

The oil has a slight coconut taste that can add to the flavor of foods or help to bring out the natural tastes in other foods. It can be used in many different ways on many different foods. Coconut oil is a solid below temperatures of seventy eight degrees Fahrenheit. It can be used in cooking dishes, or it can be used to enhance the flavors of basic foods. It is a great choice to replace butter on bread, toast, crackers, or popcorn. Coconut oil can also be used in smoothies, stir fry, oatmeal or chicken. It is very tasteful when used with kale, and it can also offer a different taste when used to sauté onions or other vegetables.

Coconut oil is better for you than

many other cooking oils. It has 120 calories per serving, the same as olive oil. It is high in saturated fats, and it doesn't have trans fat or cholesterol. Saturated fats that are plant-based do not have the negative benefits that animal based saturated fats do. Coconut oil also has a higher temperature it can withstand before it will break down, which makes it healthier to cook with.

Extra virgin coconut oil contains Lauric acid, which may help the body absorb other important nutrients and minerals and eliminating harmful bacteria. It helps to improve the digestive system, which can help prevent digestive diseases such as Irritable

Bowel Syndrome. The coconut oil can help remove the bad bacteria and fungi that may be present in the digestive system. The oil contains properties that make it easier to absorb vitamins, minerals, and amino acids from the other foods that go through the digestive system.

It can help aid in weight loss because it can help build lean muscle as well as making a person feel fuller for a longer period of time. It can also provide the body with more energy, which can lead to longer workouts that will burn more calories. The oil contains short fatty acid chains that aid in weight loss. It is very easy to digest

and increases the metabolism by reducing the stress on the pancreas. Increased metabolism helps to burn more energy which will cause greater weight loss.

Coconut oil also contains acids and antimicrobial lipids that have antifungal, antiviral, and antibacterial properties. The body converts the acids into a chemical that has been proven to help fight the bacteria and viruses that cause many diseases such as the flu, herpes, HIV, cancer, and other serious diseases. Consuming a lot of coconut oil can help a person fight diseases and stay healthy. The immune system also benefits from coconut oil. The lipids and acids in

coconut oil help to strengthen the immune system.

The Lauric acid in coconut oil helps to prevent heart conditions including high cholesterol levels and high blood pressure. It does not increase the level of LDL cholesterol, which is the bad cholesterol. It also reduces the injury to arteries. The oil also helps raise the amount of HDL cholesterol, which is beneficial to the body.

Coconut oil helps the liver because it is easy to digest. It is easily converted into energy when it reaches the liver, which reduces the amount of work that the liver needs to process. The oil also helps to dissolve kidney stones, and it

helps to treat Pancreatitis as well. Coconut oil also helps to control blood sugar, and it helps the body to produce and secrete the right amount of insulin. It helps to utilize the blood glucose, which will prevent and treat diabetes.

Since coconut oil helps the body to absorb essential vitamins and minerals, it helps makes bones stronger. The oils help the body absorb calcium and magnesium which helps the bones to grow stronger. It helps women who have osteoporosis develop stronger bones. It also helps teeth grow stronger, and it prevents tooth decay. Eating coconut oil will help bones grow strong.

Consuming a lot of coconut oil

throughout your life can also help with diseases that occur in the later years of life. Coconut oil helps to increase the brain function. Glucose inhibitors prevent energy from getting to the brain, which will cause the brain to stop working as well as it used to. The cognitive function of the brain will decrease. However consuming coconut oil helps the body to produce ketone, which is used by the brain when glucose is not present. This helps to restore brain activity. By consuming a lot of coconut oil, you can help prevent Alzheimer's disease.

Consuming coconut oil can also help the aging of the tissues in the body.

This is because the oil has a positive antioxidant that can stop the damage to the tissues and organs in the body. Coconut oil helps the body naturally prevent the destruction of tissues, reducing the need of consuming antioxidants.

Coconut oil has many benefits for the body. Not only does it make foods taste better, it also helps prevent diseases and helps to keep the body healthy. Consuming a lot of coconut oil is known to make people healthier and help them to live longer, fuller lives.

Chapter 5- How Does Coconut Oil Help Maintain Healthy Skin?

Many things out there are acclaimed for being able to give the skin a healthy glow, yet one of the best products is nature's gift, coconut oil. Coconut oil is found in multiple different forms and as an ingredient in many different skin care products. Coconut oil has been around years and has been scientifically proven to improve the condition of the skin.



How It Works

Coconut oil has many things working for it to improve the health of your skin all while being all-natural and gentle on sensitive skin. Coconut oil works on the skin as not just a

moisturizer but as an anti-fungal as well as a skin softener. From different fats and acids as well as vitamins, all of this works together to improve the condition of your skin without involving chemicals that seem to be helping but in reality are not as effective as we think they are.

Lauric Acid

Coconuts contain lauric acid, which is very good for the skin. Lauric acid kills off bacteria and viruses on the skin as well as fungus. Natural coconuts have almost 50% lauric acid, which allows coconut oil deeply penetrate the skin enabling it to get the dirt and bacteria from beneath the surface. With the coconut oil eliminating the dirt and

bacteria, for the majority of people, blackheads and skin spots are greatly reduced. Lauric acid has a longer shelf life than the majority of other oils, particularly those used in cosmetics, allowing the product to stay fresher longer. When an acid used in a skin care product goes bad, the acid increases the damage that is done to skin, speeding up the natural aging process, so it is important to use a product that will stay good longer. Lauric acid also helps remove the dead skin cells from your face helping to reduce flaking.

Triglycerides

Coconut oil also contains medium chain triglycerides, or fatty acids,

helping to build healthy cells. Medium chain triglycerides stimulate healthy cell growth repairing damaged skin, slowing the aging process, particularly the development of wrinkles and skin spots.

Collagen

Another important aspect of coconut oil is that as the lauric acid being able to get deeply into your skin also means that the natural nutrients that the oil contains can also get deep into your skin. When the oil penetrates your skin it is not just pushing the dirt out but also the nutrients in so they can work to the best advantage, increasing skin health. One of the key vitamins that get absorbed by the skin is vitamin C, which is known to

strengthen the underlying support layer by helping to maintain collagen production, resulting in a more youthful look as well as increasing elasticity of the skin. Collagen also helps reduce the appearance of fine lines.

Vitamins

Coconut oil is also a natural moisturizer, containing the vitamins A, C, D, E, and K. Most skin products use water to moisturize skin, which is just a temporary solution to the problem of dry skin. The water evaporates over time resulting in the skin drying out quickly, but with coconut oil, the nutrients the skin needs penetrate deeply and strengthen the skin, helping it to retain its

moisture. It is not just the vitamins in the coconut oil that helps moisturize but also the natural fats in the oil, which also support the skins natural moisture barrier.

Vitamin E

The vitamin E in coconut oil also acts as a great healer for damaged skin, including the softening of scar tissue, or the healing of burns. While it will not completely repair the damage, it can help reduce the visibility of it as well as softens the skin so that it does not become tight and painful over the damaged area. The vitamin E also allows helps with reducing the visibility of stretch marks.

Natural Barrier

Another great benefit of coconut oil is the natural barrier it provides on the skin from possible environmental damages. This barrier includes protecting the skin from 20% of the ultraviolet rays that a person is exposed to, making it a natural sun protector, though is not strong enough to be your only form of sunscreen.

Anti-Inflammatory

Coconut oil can be used as a topical treatment to help with inflamed itchy skin. The coconut oil helps push out the toxins in the skin by replacing them with healthy nutrients as well as killing off

bacteria and fungi that live on the skin. Yeast infections are also improved by using coconut oil. The vitamins in it act as a natural anti-inflammatory to soothe the skin. Another thing that causes itchiness can be dry skin flaking off, which is also unsightly; coconut oil removes that dry skin and moisturizes to help eliminate that problem.

Breathes

The uses of coconut oil as a health treatment for the skin are great, as well as not limited to those listed above. Coconut oil is a gentle but very effective makeup remover, including for those tough eye areas, so not only is it removing make up but ensures that the

skin can still breathe, which is a problem for a lot of other skin products. Skin products that block air from the skin help to increase breakouts and the chances of getting a rash.

Users

Coconut oil is safe to use on anyone, from babies with diaper rash to adults, so long as they are not allergic to coconuts. Coconut oil is great for small children with rashes or dry flaky skin because of the fact that it is not a great concern if they accidentally get some in their mouth, as it is a natural edible product. Coconut oil is great on sensitive skin because it is all-natural and allows the skin to breathe, as not a

lot of products can say. It works with the way your body naturally works to promote skin health and fight the effect of visible signs of aging. The use of coconut oil is a great simple step to add to any skin care routine.

Chapter 6- Is Coconut Oil Really Great For the Hair?

Coconut oil is an ingredient you can find in almost all hair products today and many of you have wondered why. The reason is because coconut oil has potent antioxidants that are effective in

treating almost all hair and scalp problems. In fact, coconut oil has been deemed a "miracle" ingredient by the hair and cosmetic industry.



How Coconut Oil Works

One attribute that coconut oil has is the ability to produce sebum oil, natural oil secreted by the skin. Sebum oil protects the hair from environmental damages caused by the wind, sun, and other harsh chemicals that the hair is often exposed to. Much of our hair's sebum oil is lost through the process of washing it with hard water and harsh shampoos that dry the hair and make it brittle.

Coconut oil instantly restores sebum oil when applied onto the hair and scalp. An increase in sebum oil strengthens the hair, allowing it to detangled, stroked, and protected from heat damage. In addition, sebum oil can

enrich ones hair color and add shine. Many people wash their hair only a couple of times a week in order for their sebum oil to excrete. The antioxidants in coconut oil can enable your hair to immediately excrete sebum oil, allowing you to wash your hair as often as you would like.

Coconut Oil Contains Rare Components That Are Great For the Hair

There are two important compounds found in coconut oil that restore hair health, saturated fat and Vitamin E. Saturated fat and Vitamin E are components that are rarely found in any other products other than coconut oil.

One of the most important saturated fats found in coconut oil is lauric acid, which is commonly found in mother's milk.

Lauric acid is made up of about 50 percent of coconut oil's saturated fat content. It has anti-bacterial and anti-fungal properties that can prevent lice, dandruff, irritation, and ringworms on the scalp. Vitamin E acts as an antioxidant to moisturize, add shine, and protect the hair from damage. The scalp in particular is very friendly to Vitamin E and will use it as nourishment and a protective agent. The Vitamin E in coconut oil is what reduces split ends and breakage.

Studies Have Proven That Coconut Oil Is Beneficial For the Hair

Many of the ingredients in hair products simply sit on the surface of the scalp and add temporarily add shine, but coconut oil penetrates the cortex of the hair, creating stronger and thicker hair fibers. A notorious study made by the Journal of Cosmetic Science was actually made to verify this. The researchers compared coconut oil to two other common hair oil ingredients, mineral and sunflower oil.

They found that only coconut oil could repair hair protein loss while mineral and sunflower oil couldn't. It was coconut oil's particular molecular

structure that had the ability to penetrate the hair shaft and restore hair back to a healthy state. This study was one of the breakthroughs that proved coconut oil to be one of the most practical ingredients for hair health.

Coconut Oil Use Has Spread Worldwide Because Of Its Endless Benefits

Many indigenous people native to tropical regions have always been aware of the powers that coconut oil has when it is consumed and used topically on the hair and skin. It wasn't until further research on coconut oil unraveled that it became more common in Western society. Word began to

spread like wildfire and coconut oil became used in almost all hair care products. Coconut oil has been particularly beneficial for ethnic people who typically have trouble maintaining moisture in their hair as well as those who use heated styling tools.

Coconut Oil Can Reduce Hair Loss and Graying

The proteins that hair is composed of can be reduced from undernourishment and environmental damage which lead to brittle and unmanageable hair. It's important to keep your hair proteins nourished so that you can grow thick, long, and healthy hair. Coconut oil will not only replace lost

protein, but prevent the loss of protein as well. That's why those who suffer from hair loss can benefit greatly from coconut oil.

Using coconut oil in a scalp massage has been particularly beneficial for those who struggle with growing their hair. When you massage coconut oil onto the scalp it is provided with oxygen and vitamins, which will stimulate the hair to grow. It's no irony that Indian women, who are known for having hair down to their waist, use coconut oil as the main ingredient in their hair regimen to grow their hair. Coconut oil can also work miracles on elderly people, restoring hair back to its youthful state.

Many claims have been made that coconut oil can reverse gray hair by promoting the growth of new hair.

Coconut Oil Protects the Hair from Water Damage

Many people dry their hair after washing it, and this causes the hair to release water and become fatigued. This is a process known as hygral fatigue which is the stretching and un-stretching of the hair, much like a rubber band, to the point where it loses elasticity. Once the hair has lost elasticity it begins to crack and break off, becoming thin, short, and stringy.

Contrary to popular belief, many

people's hair issues stem from hygral fatigue, it's simply not well known because many aren't educated on the dynamics of their hair. Coconut oil is one of the only products that are resistant to hygral fatigue because of its antioxidant power. Hard water is another issue on not only the scalp, but the hair as well. When the hair and scalp are saturated in hard water they lose moisture and nutrients. Once again, coconut oil's ability to penetrate into the hair and lock in moisture makes it resistant to the damaging effects of hard water.

Coconut oil really is great for the hair. If you're looking to restore your

hair to its natural state, then coconut oil is the perfect product for you. There are absolutely no downsides to using coconut oil on the hair and scalp. Anyone and everyone should include coconut oil in their hair regiment to get long and youthful hair.

Chapter 7- How Does Coconut Oil Help Improve Libido?

Coconut Oil is one of the most exciting natural male enhancement products available today. Coconut Oil will help you achieve amazing heights of

arousal and performance. It is very safe. You can use it every day, if necessary. Coconut oil will never fail to deliver the perfect testosterone boost. Coconut Oil will give you a sustained erection. It will enhance your libido and enrich your sex life.



Diet and Exercise are critical. A healthy diet includes lean proteins from animal sources, or beans, legumes, nuts, and seeds. Coconuts and coconut oil are

healthy fats. Dairy products, whole grains and a variety of fruits and vegetables are also important.

Exercise improves blood circulation to the entire body, delivers nutrients where needed, and releases endorphins. Regular exercise enhances the body's immune response, regulates the appetite, elevates the mood, and releases sex hormones. Fitness experts suggest exercising five days a week for two hours a day. However, this may be difficult for beginners, so it is best to start small and build up to this activity level. Consistency is extremely important. Once a workout seems too easy, it is time to add a harder

component.

Low testosterone is a leading cause of sexual dysfunction. Diet and exercise can promote better sexual health, but if diet and exercise are not enough to improve your sex life try Coconut Oil. Coconut Oil is the highest-rated testosterone booster on the market today. Coconut Oil will build up your testosterone level and improve every aspect of your sex life. The juice from the coconut is a natural libido enhancer for both men and women. Both men and women have reported an increase in libido after drinking the juice of the coconut. Some of those reporting were senior citizens! Coconut oil has relaxing

properties that relieve stress and tension, and promote sexual response.

The loss of libido can be devastating for both men and women, and disastrous to their relationships. The causes of this condition are as diverse as the people who suffer this problem. Some common causes are stress, alcoholism, performance anxiety, and drug abuse. Females especially often suffer from guilt, fear, fatigue, or worry.

Low testosterone levels are one of the leading causes of sexual dysfunction. A low libido can also be the result of psychological situations, such as lack of privacy, stress, or depression. It can also be caused by environmental conditions,

such as prolonged exposure to very loud noises or extremely glaring lights.

Physical factors can also affect libido such as some prescription medicines, certain lifestyle factors, and the attractiveness of the person's partner.

Coconut Oil is a natural remedy, which is known to replenish the sex drive. Diet and exercise can promote better sexual health. Try Coconut Oil.

Coconut Oil it naturally builds testosterone levels and it is proven to help increase every aspect of your sex life.

Coconut Oil will:

help you lose fat

increase your energy

enhance your libido

boost your sexual performance

improve your overall stamina

reduce wrinkles

increase libido

enhance sexual performance

delay the aging process

Coconut Oil and Erections

Coconut Oil will give you a rock hard erection so you can be ready for sex no matter what--without costing you

a lot of money. Coconut Oil will also boost your stamina during sexual activity and heighten your desire for sex.

Coconut oil acts rapidly and lasts a long time. As mentioned before it is a natural substance will help you achieve amazing levels of intimacy and arousal. Coconut oil will deliver the perfect testosterone boost and enhances your libido when you need it most, so you can be ready for sex at any time.

Remember, coconut oil is the highest-rated testosterone boosting substance on the market today. Coconut Oil is a natural remedy known to replenish the sex drive. Coconut Oil will give you a rock hard erection so you can

be ready for sex no matter what... Coconut Oil will boost your stamina during sexual activity and heighten your desire for sex, and it will not cost you a lot of money. Coconut oil acts rapidly and lasts a long time. It is a natural substance will help you achieve amazing levels of desire and performance. Coconut oil delivers the perfect testosterone boost and enhances your libido when you need it most, so you can be ready for sex at any time.

Low testosterone levels are one of the leading causes of sexual dysfunction. Coconut Oil it naturally builds testosterone levels and it is proven to help increase just about every aspect of

your sex life. Coconut Oil will give you a rock hard erection so you can be ready for sex no matter what--without costing you a lot of money. Coconut Oil will boost your stamina during sexual activity and heighten your desire for sex.

Coconut oil is a natural and inexpensive substance that is also a fast-acting, long-lasting male enhancement tool. Coconut It will boost your stamina during sexual activity and heighten your desire for sex.

Coconut Oil is one of the most exciting male enhancement substances on the horizon. Coconut oil is a natural and inexpensive substance that is also a fast-acting, long-lasting male enhancement

tool.

Coconut Oil is a natural remedy, which known to replenish the sex drive. Diet and exercise can promote better sexual health, but depending on your situation, diet and exercise may not be enough to improve your sex life, try coconut oil.

Coconut oil acts rapidly and lasts a long time. Coconut oil will deliver the perfect testosterone boost and enhances your libido when you need it most, so you can be ready for sex at any time.

Coconut Oil will:

help you lose fat

increase your energy

enhance your libido

boost your sexual performance

improve your overall stamina

delay aging

Coconut Oil will give you a rock hard erection so you can be ready for sex no matter what--without costing you a lot of money. Coconut Oil will boost your stamina during sexual activity and heighten your desire for sex.

Chapter 8- 10 Easy to

Make Recipes with Coconut Oil

It has already been proven that coconut oil has many benefits. Thus, many have incorporate coconut oil to their recipes as part of their diet. Here are some of great recipes that use coconut oil in some way and have been kitchen tested.



Banana Orange Smoothie

1 banana

½ cup orange juice more or less,
depending on how thick or thin you want
it

3 tablespoons virgin coconut oil -
liquefied

1 tablespoon Coconut Cream
Concentrate

3 tablespoons organic whole milk
vanilla yogurt

3 ice cubes

Blend everything together in
blender! This is also good by adding 5
frozen strawberries. Enjoy!

Caramelized Tropical Peach Smoothie

Servings: 2-3

Preparation Time: 5 minutes

1 1/2 cups coconut milk*, plain kefir or grass-fed milk

4 soy-free egg yolks (optional, but adds lots of sustaining nutrition and energy)

1 tablespoon virgin coconut oil, melted

2 tablespoons coconut flakes

1 tablespoon whole sugar

3/4 cup frozen peaches

1/2 cup frozen pineapple

1 teaspoon vanilla extract

Blend all ingredients thoroughly until smooth. If desired, stir in a small amount more whole sugar to each serving for a delicious caramely crunch.

Almond Coconut Chocolate

Servings: 6-12

Preparation Time: 5-10 minutes

2/3 cups coconut oil

1 cup organic cocoa powder

1 tablespoon organic whole sugar

2 teaspoons vanilla

1/2 cup organic coconut flakes

1/2 cup almonds

Melt coconut oil over low heat.

Transfer coconut oil to medium mixing bowl. Add cocoa powder, whole sugar, and vanilla and mix until well blended. Stir in coconut flakes and almonds. Pour onto wax paper and put in freezer to harden. Cut, serve and enjoy!

Chicken Supremes a la Meunier

2 chicken breasts,

2 teaspoons curry seasoning, to taste

1/2 cup flour, plus more as needed

Salt and pepper, to taste

Coconut oil, as needed

2 cups chicken broth

1/2 teaspoon poultry seasoning, or
taste

Flatten chicken with a tenderizer to
even thinness.

Mix curry with 1/2 cup flour and
salt and pepper.

Adjust seasoning to taste.

Lightly coat flattened chicken with
flour mixture.

Tap off excess flour.

Heat coconut oil in a medium pan and lightly sauté until cooked through. Remove from pan and set aside.

For gravy:

Estimate the amount of coconut oil remaining in the pan and add an equal amount of flour to the remaining coconut oil. Mix well.

Add the poultry seasoning and salt and pepper to taste. Add enough chicken broth to bring the roux to gravy thickness. Stir until thickened and all the little bits are brought up off the pan.

Cheesy Fried Rice

Preparation Time: 10 minutes

Servings: 4

2 eggs

4 tablespoons coconut oil

2 cups cooked brown rice (leftover works great!)

4 oz shredded extra sharp cheddar cheese

salt

1. Whisk eggs together in small bowl. Set aside.

2. Melt coconut oil in medium sauté pan.

3. When oil is hot, add rice and stir-fry the rice.

4. Move all rice to edges of pan and pour beaten eggs in the middle. Scramble eggs and when they are almost done re-incorporate rice.

5. Add cheese and stir until all is melted.

6. Sprinkle with salt to taste.

Coconut Cashew Dip

Servings: 4-6

Preparation Time: 5 minutes

1/2 cup raw cashews, soaked (at least an hour)

1/3 cup coconut milk*

1 tablespoon virgin coconut oil

2 vanilla beans, scraped or 1/4
teaspoon vanilla bean powder or 1/2
teaspoon vanilla extract

1 1/2 tablespoons sweetener of
choice

1. Add all of the ingredients into a
blender or food processor. If using a
food processor and sugar, I would run
your sugar through a blender or coffee
grinder so it's not grainy.

2. Blend until well combined and
smooth.

3. Store in the refrigerator.

Coconut Cream Sweet Potato

Servings: 6-8

Preparation Time: 15 minutes

2 lbs sweet potato, boiled, peeled
and mashed

4 tablespoon Coconut Cream
Concentrate

2 eggs

1/2 cup brown sugar

1 tablespoon vanilla extract

2 teaspoons cinnamon

2 tablespoon butter, melted

2 tablespoons butter (to brush on
top)

1-2 teaspoons cinnamon (to

sprinkle on top)

2 tablespoons brown sugar (to sprinkle on top) coconut oil, to grease pan

Preheat oven to 350 degrees F. Grease an 8x8 pan with coconut oil.

Place sweet potato and coconut cream concentrate into the bowl of an electric mixer. Mix on medium high speed until well blended. Add eggs, sugar, vanilla 2 teaspoons cinnamon, and 2 tablespoons butter. Blend until well mixed. Spread sweet potato mixture evenly into prepared pan.

Brush mixture with 2 tablespoons melted butter and sprinkle on remaining

cinnamon and sugar. Bake at 350 degrees F for 45 minutes.

Bodaciously Healthy Coconut Muffins

2 ½ cups oatmeal

1 cup graham flour

½ cup coconut flour

1 cup ground flaxseeds

1 ½ cups coconut flakes

2 tablespoons baking powder

¾ tablespoon baking soda

¾ cups coconut oil

1 cup honey

½ cup raw sugar

4 beaten eggs

½ quart buttermilk

Cinnamon sugar, optional

Preheat oven to 325 degrees.

Combine all dry ingredients and cut in coconut oil.

Stir in remaining ingredients just until well blended. Spoon into muffin tins and sprinkle with cinnamon sugar if desired.

Bake in preheated oven for 30 minutes until golden brown.

Brandied Coconut Apple Walnut

Bread

Servings: 1 loaf

Preparation Time: 20 minutes

1 3/4 cups whole wheat pastry flour

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1/2 cup virgin coconut oil (solid form), or grass-fed butter

1 cup whole sugar (you could easily use less according to taste)

2 soy-free eggs

1/4 cup brandy

1 cup (generous) unpeeled organic apples, freshly shredded or minced

1/2 cup coconut flakes

1/2 cup chopped raisins (even if you don't normally prefer raisins, consider adding them, as they really add a lot of depth and flavor to this recipe)

1/2 cup chopped walnuts, more to taste

Preheat oven to 350 degrees.
Grease and flour a 9x5 bread pan

Sift first four ingredients together and set aside.

Cream together oil or butter and sugar until light and fluffy. Add eggs one

at a time, beating well after each addition.

Stir into the wet mixture one at a time in this order: brandy, apples, dry ingredients, coconut, raisins, walnuts. Stir until combined but do not over-mix more than necessary.

Spread mixture evenly in pan. Bake for one hour or until a toothpick comes out clean in the center.

Allow to cool for 10 minutes in the pan, then use a butter knife to gently loosen the edges and turn out on a cooling rack to cool completely.

Cuts best with a serrated knife and gentle sawing motion when cool - if you

can wait that long!

Enjoy with a nice glass of cold milk or good coffee.

Almond Butter Freezer Fudge

Servings: Fills an 8"x8" pan

Preparation Time: 10 minutes + 1 hour chill

2 cups raw creamy almond butter (unsalted)

1/2 cup coconut oil, softened

3 tablespoons raw honey

1 teaspoon fine sea salt

Simply mix all the ingredients

together in a medium bowl, until smooth and creamy.(Tip: It helps if all the ingredients are at room temperature, to keep the coconut oil soft!)Transfer the mixture to a square baking dish, or container, lined with parchment or wax paper, then smooth with a spatula, and freeze until solid (about an hour). Remove the fudge by lifting the paper out of the pan, then cut into squares and serve immediately.

Due to the nature of coconut oil, this fudge will melt if left at room temperature for long. Store in the freezer for best results!

About The Author

Jerrod Heyd grew up in a family that believed in consuming and using as many natural and healthy products as possible. One of the things that they loved to use is coconut oil. His mom not only used this oil to cook but also used it on her skin and in her hair. Jerrod even remembers that he and his siblings were massaged with coconut oil when they were younger.

As a result of this he had the thought in the back of his mind to write a book that would explain the main benefits that the use of coconut oil has. After getting the full backing of his parents and

siblings he got to work.

The main aim that he had was not only to explain how coconut oil is processed but to let the readers know all the great things that coconut oil can be used for. The book is well timed as it is being published in a time when the majority of persons are seeking natural ways to improve their health.